

Name: _____

Date _____

DIRECTIONS: For the following four questions, please **write the first name of the parent you are answering about** and then **circle the number** on the scale that corresponds to your answer. © JM Hooley and JD Teasdale, 1989

1. **How critical** do you think your parent (_____) **is of you?**
[circle one: mother/father/other]

Not at all critical	1 2 3 4 5 6 7 8 9 10	Very critical
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2. **How critical** do you think your parent (_____) **is of you?**
[circle one: mother/father/other]

Not at all critical	1 2 3 4 5 6 7 8 9 10	Very critical
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3. When your parent (_____) criticizes you, **how upset do you get?**
[circle one: mother/father/other]

Not at all upset	1 2 3 4 5 6 7 8 9 10	Very upset
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4. When your parent (_____) criticizes you, **how upset do you get?**
[circle one: mother/father/other]

Not at all upset	1 2 3 4 5 6 7 8 9 10	Very upset
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